

# **Appendix G**

## **Sample Survey Questions**

## Before and After Survey Questions--

The following questions come from the **1998 Behavioral Risk Factor Surveillance Survey (BRFSS)**. You are free to use the questions along with the coding system. The questions are divided into two sections: one for demographics and one for knowledge and use of folic acid. The demographics section asks information about the respondent's age, annual household income level, race/ethnicity, education level and occupation. The other section asks about the respondent's use and knowledge of folic acid.

### 1998 BRFSS: Demographics

01. What is your age?

|                     |     |
|---------------------|-----|
| Code age in years   |     |
| Don't know/Not sure | 0 7 |
| Refused             | 0 9 |

02. What is your race?

Would you say: **Please Read**

|                                   |   |
|-----------------------------------|---|
| a. White                          | 1 |
| b. Black                          | 2 |
| c. Asian, Pacific Islander        | 3 |
| d. American Indian, Alaska Native | 4 |
| <b>or</b>                         |   |
| e. Other: (specify)_____          | 5 |

|  |                     |   |
|--|---------------------|---|
| <b>Do not<br/>read these<br/>responses</b> | Don't know/Not sure | 7 |
|  | Refused             | 9 |

03. Are you of Spanish or Hispanic origin?

|                     |   |
|---------------------|---|
| a. Yes              | 1 |
| b. No               | 2 |
| Don't know/Not sure | 7 |
| Refused             | 9 |

04. What is the highest grade or year of school you completed?

**Read Only if Necessary**

- |   |   |
|---|---|
| a. Never attended school or only kindergarten                   | 1 |
| b. Grades 1 through 8 (Elementary)                              | 2 |
| c. Grades 9 through 11 (Some high school)                       | 3 |
| d. Grade 12 or GED (High school graduate)                       | 4 |
| e. College 1 year to 3 years (some college or technical school) | 5 |
| f. College 4 years or more (College graduate)                   | 6 |
| Refused   | 9 |

05. Are you currently:

**Please Read**

- |                                     |   |
|-------------------------------------|---|
| a. Employed for wages               | 1 |
| b. Self-employed                    | 2 |
| c. Out of work for more than 1 year | 3 |
| d. Out of work for less than 1 year | 4 |
| e. Homemaker                        | 5 |
| f. Student                          | 6 |
| g. Retired                          | 7 |
| <b>or</b>                           |   |
| h. Unable to work                   | 8 |
| Refused                             | 9 |

06. Is your annual household income from all sources:

**Read as Appropriate**

- |  |   |     |
|--|---|-----|
| <b>If respondent refuses at any income level, code refused</b> | a. Less than \$25,000 <b>If “no,” ask e; if “yes,” ask b</b><br>(\$20,000 to less than \$25,000)  | 0 4 |
|  | b. Less than \$20,000 <b>If “no,” code a; if “yes,” ask c</b><br>(\$15,000 to less than \$20,000) | 0 3 |
|  | c. Less than \$15,000 <b>If “no,” code b; if “yes,” ask d</b><br>(\$10,000 to less than \$15,000) | 0 2 |
|  | d. Less than \$10,000 <b>If “no,” code c</b>  | 0 1 |

|  |  |     |
|--|--|-----|
|  | e. Less than \$35,000 <b>If “no,” ask f</b><br>(\$25, 000 to less than \$35,000) | 0 5 |
|  | f. Less than \$50,000 <b>If “no,” ask g</b><br>(\$35,000 to less than \$50,000)  | 0 6 |
|  | g. Less than \$75,000 <b>If “no,” code h</b><br>(\$50,000 to \$75,000)           | 0 7 |
|  | h. \$75,000 or more  | 0 8 |
| <b>Do not<br/>read these<br/>responses</b> | Don’t know/Not sure  | 7 7 |
|  | Refused  | 9 9 |

## 1998 BRFSS: Knowledge and Use of Folic Acid

|                    |  |   |
|--------------------|--|---|
|                    | 1. Do you currently take any vitamin pills or supplement?                  |   |
| <b>Include</b>     | a. Yes   | 1 |
| <b>liquid</b>      | b. No <b>Go to Q5</b>  | 2 |
| <b>supplements</b> | Don’t know/Not sure <b>Go to Q5</b>  | 7 |
|                    | Refused <b>Go to Q5</b>  | 9 |
|                    | 2. Are any of these a multivitamin?  |   |
|                    | a. Yes <b>Go to Q4</b>   | 1 |
|                    | b. No  | 2 |
|                    | Don’t know/Not sure  | 7 |
|                    | Refused  | 9 |
|                    | 3. Do any of the vitamin pills or supplements you take contain folic acid? |   |
|                    | a. Yes   | 1 |
|                    | b. No <b>Go to Q5</b>  | 2 |
|                    | Don’t know/Not sure <b>Go to Q5</b>  | 7 |
|                    | Refused <b>Go to Q5</b>  | 9 |

4. How often do you take this vitamin pill or supplement?

- |                     |       |
|---------------------|-------|
| a. Times per day    | 1 _ _ |
| b. Times per week   | 2 _ _ |
| c. Times per month  | 3 _ _ |
| Don't know/not sure | 7 7 7 |
| Refused             | 9 9 9 |

**If respondent is 45 years or older, go to the next module.**

5. Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid, for which one of the following reasons...

**Please Read**

- |                                   |   |
|-----------------------------------|---|
| a. To make strong bones           | 1 |
| b. To prevent birth defects       | 2 |
| c. To prevent high blood pressure | 3 |
| <b>or</b>                         |   |
| d. Some other reason              | 4 |
| Don't know/Not sure               | 7 |
| Refused                           | 9 |

**Do not  
read these  
responses**

The following questions were created by the CDC and have been asked along with many other questions on **Porter-Novelli's Healthstyles survey**. You are free to use the questions along with the coding system. The questions in this survey are designed to determine respondents' beliefs, knowledge, attitudes and behavior toward multivitamin usage, folic acid and pregnancy.

14. I sometimes MISS taking a multivitamin OR DON'T TAKE multivitamins because:  
(CHECK AS MANY AS APPLY)

☐ I sometimes forget  
☐ Vitamins cost too much  
☐ I don't think vitamins are important for my health  
☐ I can't always find the time to take a vitamin  
☐ I get all the vitamins I need from my diet  
☐ Vitamins upset my stomach  
☐ I don't like taking pill  
☐ I am afraid vitamins will make me gain weight  
☐ I don't think I need to worry about vitamins preventing birth defects  
☐ My health care provider has not recommended vitamins  
☐ I have other reasons for not taking vitamins  
☐ Does not apply--I take a multivitamin every day

15. I TAKE multi-vitamins or TRY TO take multivitamins because:  
(CHECK AS MANY AS APPLY)

☐ I've made taking a vitamin part of my daily routine  
☐ The cost of vitamins is small compared to the benefits  
☐ Taking vitamins is important for my health  
☐ I feel vitamins give me more energy  
☐ I don't always eat a balanced diet  
☐ I take vitamins to reduce the chance of birth defects in future pregnancies  
☐ I can take my vitamins with meals or before bed and avoid an upset stomach  
☐ My health care provider recommends vitamins  
☐ I have other reasons for taking vitamins  
☐ Does not apply--I do not take multivitamins

The following questions have been included for you to use. The questions are designed to determine respondents' beliefs, knowledge, attitudes and behavior toward multivitamin usage, folic acid and pregnancy. They have been tested and are used in the PRAMS (Pregnancy Risk Assessment Monitoring System), a survey conducted by mail and telephone to assess maternal behaviors that affect pregnancy outcomes.

|   |   |
|---|---|
| Thinking back to <i><b>just before</b></i> you got pregnant, how did you feel about becoming pregnant?<br><b>Check the best answer.</b> | ' I wanted to be pregnant sooner<br>' I wanted to be pregnant later<br>' I wanted to be pregnant then<br>' I didn't want to be pregnant then or at any time in the future<br>' I don't know |
| Have you ever heard or read that taking the vitamin called folic acid can help prevent some birth defects?                              | ' No<br>' Yes   |
| Were you taking a multivitamin <i><b>daily</b></i> for one month <i><b>before</b></i> you got pregnant?                                 | ' No<br>' Yes   |

The following is a list of additional ideas that you may like to find out about. To develop good questions however, you will need qualified assistance. Field testing is important because a question can be interpreted in so many different ways. We have survey questions that may address some of these concepts. Some have been designed but not field tested. If you would be interested in learning more about these questions, please call us.

- , Respondent's consumption of fortified foods
- , Respondent's pregnancy intentions
- , Respondent's health and pregnancy information channels
- , Respondent's past vitamin usage
- , Respondent's barriers and incentives to increasing consumption of folic acid